

# Health Matters



King County

## Free fitness program



## Take the stairs

Stair climbing is great for your heart, legs and lungs. No access to stairs at work? Look for stairs at office buildings close to you or in your daily routine (shopping malls, schools, parking lots).

**Eat Smart. Move More.**

[www.metrokc.gov/employees](http://www.metrokc.gov/employees)

[health.matters@metrokc.gov](mailto:health.matters@metrokc.gov) 206-684-1556